

This listing of claims will replace all prior versions and listings of claims in the application:

**Listing of Claims**

Claim 1(Currently Amended). An ergonomic fore grip mountable to a firearm to stabilize the firearm, comprising:

~~said fore grip comprising an elongate handle having an upper end portion and a lower end portion and an internal tubular recess extending between said upper and lower end portions of said handle, mounting means affixed to said upper end portion of said handle for attaching said handle to a firearm, a bipod including a pair of elongate legs, each said leg having an upper end portion and a lower end portion, each said leg sized in length to be substantially completely selectively positionable and housed within said recess, movable means located within said recess and attached to said upper end portion of each said leg, said movable means operable to move said bipod from a stored position with said legs substantially completely within said recess to a deployed position with said legs substantially completely exposed outside said lower end portion of said handle, and selectively operable release means for engaging said movable means for securing said bipod in said stored position.~~

- a) a top end and a bottom end and cut out there through;
- b) a mount for attaching the top end of the fore grip to a firearm;
- c) a vertically sliding piston inside the fore grip;
- d) a plurality of legs coupled to the sliding piston;
- e) a catch-lock that catches and locks the plurality of legs and the sliding piston in a closed position inside the fore grip;
- f) a spring-loaded fulcrum release mechanism for releasing the catch-lock;

g) a depressible tension plate on an outside surface of the fore grip to activate the release mechanism causing the spring-piston to drive the legs downward to the bottom end of the fore grip;

h) an expansion spring positioned between the legs causing the legs to expand outward to a locked position after the legs are released from confinement within the fore grip, wherein the sliding piston, the catch-lock, the plurality of legs, the spring –loaded fulcrum release mechanism and the expansion spring between the legs are all located and concealed inside of the fore grip in the closed position.

Claims 2-23(Canceled)

Claim 24(Currently Amended). The fore grip as defined in Claim 1 wherein ~~said movable means~~ the sliding piston assembly at the top end of the fore grip includes a piston having a piston shaft and a piston head, ~~said the piston head attached to said upper end portion of each said the plurality of leg legs,~~ and a spring mounted between ~~said upper end portion of said handle and said the top end of the fore grip and the shaft for biasing said piston downwardly~~

Claim 25(Currently Amended). The fore grip as defined in Claim 24 further including ~~selectively operable release means~~ a spring-loaded fulcrum release mechanism having a fulcrum latch plate, with a beveled cut out that serves as a catch surface for the catch-lock to secure the top of the engaging said piston shaft for and securing said bipod the plurality of legs in said a stored position.

Claim 26(Currently Amended). The fore grip as defined in Claim 24 further including a hinge ~~means mounted on said piston head for securing coupling said~~ the plurality of legs to said the sliding piston assembly.

Claim 27(Currently Amended). The fore grip as defined in Claim 1 further including a recessed locking ring at the bottom end of the fore grip to prevent the sliding piston assembly from exiting the fore grip when the plurality of legs are deployed ~~stop means for limiting the downward travel of said movable means.~~

Claim 28(Currently Amended). The fore grip as defined in Claim 24 further including ~~means~~ a tubular recess within the fore grip with at least one longitudinal protrusion and the sliding piston with at least one recess that interfaces with the longitudinal protrusion for preventing rotation of ~~said the piston when said piston is moved upwardly and downwardly~~ upon deployment of the legs and when the piston and legs are in a stored position.

Claim 29(Currently Amended). The fore grip as defined in Claim 1 wherein ~~each said leg includes a foot portion formed on said lower end of said leg~~ the plurality of legs are provided with feet.

Claims 30 – 44 (Cancelled).

Claim 45(Currently Amended). The fore grip as defined in ~~Claim 42~~ Claim 1 wherein ~~said handle~~  
~~includes- the fore grip has~~ a plurality of annular grooves ~~extending therearound- around the~~  
circumference of the grip portion.

Claim 46(New). The fore grip as defined in Claim 29, wherein the feet include:

a surface portion so that when the legs are concealed within the handle, the feet seal off the  
deployment and spreader mechanisms from entrance of any material that interferes with the  
deployment of the plurality of legs.

Claim 47(New). The fore grip as defined in claim 1, wherein the plurality of legs solely includes:

two legs each having upper ends and bottom ends, the two legs having feet on each of the  
bottom ends, the two legs being solely extendable from underneath the fore grip, the two legs  
having a hinge point at their upper ends for allowing the bottom ends to expand outward from one  
another.

Claim 48(New). A method for using a fore grip with concealable and collapsible bipod legs  
having a spring-loaded fulcrum release mechanism comprising the steps of:

mounting a fore grip to a lower surface of a firearm;

depressing a tension plate in a spring-loaded fulcrum release mechanism to release a  
spring-piston that drives the bipod legs downward to release the legs from confinement within the  
fore grip;

expanding the bipod legs outward beneath the firearm to a fully deployed position;

supporting the fully deployed legs on a surface;

gripping the fore grip; and

firing the weapon that is now supported in a stabilized position.

Claim 49(New). The method of claim 48, wherein the expanding step further includes the step of:  
an expansion spring for expanding the bipod legs outward from one another.